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ABSTRACT

Soccer has become increasingly popular for both sexes. Because the game is based on kicking, it is important that students learn to control foot movements. This booklet is designed for teaching elementary school students soccer skills and includes the rules and variations of the game. (CJ)

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TEAM SPORTS - SOCCER

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## FOREWORD

Physical education is an important part of the total educational program and can make a great contribution to the lives of our boys and girls. The education of the children of the state, not only for making a living, but for living, requires a well planned health and physical education program.

Children need physical education more today than ever before because of the changes from rural to urban living, automation, less natural play space, crowded schools, the anxieties and pressures of society, and the fast pace of the world in which they live. Elementary children need to build a strong foundation in physical fitness, develop skills in physical activities, cultivate the ability to make social and emotional adjustments and acquire knowledge of the role that health and physical activities play in their lives.

Physical education must help prepare children to live a full and happy life. In some elementary schools in the state, physical education is taught by the classroom teacher. However, many physical education specialists have been added during the past few years.

This guide was prepared by Vi Bahl, Assistant Professor, School of Health, Physical Education, and Recreation, University of Nebraska-Lincoln and Wauneta Peterson, Elementary Physical Education Specialist, Belmont Elementary, Lincoln Public Schools under the supervision of JoAnne Owens, Consultant for Health/Physical Education, Curriculum Division of the Nebraska Department of Education.

The State Department of Education is pleased to present this curriculum guide, which is structured to show a variety of activities by grade level in order to facilitate its use by both the regular classroom teacher and the physical education specialist in preparing a program for the elementary schools of Nebraska.

M. Anne Campbell  
Commissioner of Education

## THE HISTORY OF THE GAME OF SOCCER

Since the origin of soccer is attributed to widely separated places such as Sparta, Ireland, Greece, England, and Rome, it is likely that the game developed in several localities at about the same time. The ancient sport of "Harpastrum," in which a crudely shaped ball, an inflated animal bladder organ covered with leather, was either hit with the hands or kicked later became "footballe," a rough and rugged kicking game played as a mob sport. The early games were rugged and irregular. Two towns, three to five miles apart, sometimes engaged in a game with no rules being enforced. Occasionally a river had to be crossed. The market place of the town was the goal.

Although many English monarchs, including King Edward II, Queen Elizabeth, and James I, passed edicts forbidding their subjects to play this bloody, brawling sport because of the many complaints of damaged property from shopkeepers, somehow the game survived through the centuries. Even if the nobility looked down upon this degrading contest played by the lowly, rugged commoners, it was an Englishman from the upper class, J. C. Thring, who drew up the rules, giving the game respectability by making soccer safer to play, and by introducing it into the private schools and adult clubs of England.

The name "soccer" derives from "association football" played in England since the formation of the British Football Association in 1863. The name was given the game to distinguish it from Rugby football. The word "association" was reduced to "assoc" and finally became "soccer."

Since then soccer for both sexes has become increasingly favored in our school and college programs, and has grown as a popular recreation sport for varying ages. As an international game played and enjoyed by millions throughout the world, soccer has no equal.

### INTRODUCTION

Soccer, the step-father of American Football, is neglected and omitted in some physical education programs. It could well be the highlight of the fall activities, for even first graders love the "LOOK MA. . .no hands" routine of carrying the ball.

As the various skills are introduced to elementary school students, stress the need for control of the ball at all times.

Soccer is a game based on kicking, so it is important that the students learn to control the ball with the feet. Practice must be intense enough to develop eye-foot coordination.

The basic kick for soccer is the instep kick, used for long distances and for scoring. It also allows the player to kick the ball in the air or from a bounce.

Two other kicks are important. These are the kicks done with the inside and outside of the foot, respectively. These are for ball control, primarily for passing.

Kicking should stress driving the ball for distance, passing, and scoring. The emphasis should be on accuracy.

Dribbling, the purpose of which is to maintain control of the ball by self, is done with a series of short kicks.

Trapping is defined as stopping the ball with a part of the body. Trapping is done with the sole of the feet, the inside of the foot, or one or both knees. Its purpose is to secure control of a ball coming toward a player either on the ground or through the air. Not much stress in the elementary school play is placed on trapping an air flight ball, which is done with a thigh or total body trap.

#### SKILLS FOR SOCCER

##### Dribbling:

Tap ball with the inside of the right and left foot alternating, keeping the ball close to the feet and always under control. Beginners are prone to kick the ball too far, then run to catch up.

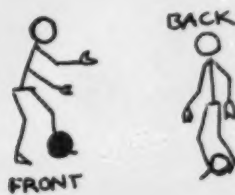


Figure 1

Both the inside and outside of the foot at times can be used to move the ball.

##### Heading:

Get under the ball, lower the head slightly, stiffen the neck and meet the ball with the upward and forward movement to control direction. This skill is too advanced for the majority of elementary children.



Figure 2

##### Kicking:

Step toward the ball with non-kicking foot; other foot swings vigorously forward to contact ball with inside of foot. It is recommended that the

ball NOT BE KICKED WITH THE TOE AT ANY TIME in elementary play because of safety factors.

1. Instep Kick. The kicker approaches the ball from a 45 degree angle from the left, if he is a right-footed kicker. In the kick, the top of the instep meets the ball as in punting a football. It is necessary to approach from the side and kick with a moderate sideswing, or the toe will drive into and make contact with the surface. On the step into the ball, the left foot is placed close beside the ball, taking the weight of the body for the kick. With the body in a somewhat forward lean, the kicking foot makes contact with the ball with the instep. The power comes from the knee by snapping the bent leg forward. The eye is on the ball, which is contacted with the instep. The child must kick through the ball with good follow-through.

2. Inside Foot Kick. Contact is made with the inside of the foot. The kick is used for passing or goal kicking. The knee is slightly bent, and the leg is swung from the hip. The kick is used for short distances only. The toe should be held down during the kick.

3. Outside Foot Kick. This kick is used for only short distances and for passing or maneuvering the ball. Contact is made with the outside of the foot.

4. Punt. Used by the goalkeeper only, the punt can be done stationary or on the run. The ball is held by both hands at waist height in front of the body. In the stationary position, the kicking foot is forward. A short step is taken with the kicking foot and then a full step on the other leg. With the knee bent, the kicking foot swings forward and upward. As contact is made with the ball at the instep, the knee straightens and additional power is secured from the other leg through a coordinated rising on the toes or hop.

5. Heel Kick. The heel kick has value for a short pass to a teammate behind the player. Player steps slightly ahead of the ball and with a short snappy punch of the heel propels the ball backwards. (This is an advanced skill.)

#### Passing:

Use same skill as for kicking, but with less force. Outside of foot may be used. Passes should be short so as not to risk losing possession of the ball. The ball is passed to teammate to avoid attack by opponents and also to maintain proper position.



Figure 3

### Trapping:

In the elementary school, three types of trapping should be taught. Relaxation and "giving" with the ball are important in all traps.



Figure 4

1. Sole of the Foot Trap. This is the simplest of all traps. Slow balls may be stopped with a raised foot, toes up. As contact is made, the toes are lowered to secure the ball.

2. Foot Trap. Using the inside of the foot and giving with the ball, the motion of the ball is stopped by the inside of the foot.

3. Knee Trap. The knee trap can stop both a rolling and a bouncing ball. The ball is smothered with one or both knees. Usually both knees are used.

### DRILLS FOR SOCCER

The drills for soccer consist of emphasis on kicking, trapping, passing, dribbling, and scoring. Some of the drills concern themselves only with one skill, but the majority offer opportunity to practice a variety of skills.

### Circle:

The circle formation can be used for kicking, passing, and trapping. The ball may be kicked back and forth across the circle or may be passed from player to player in a circular direction. Trapping may be included in the skills.

### Circle and Leader:

The circle and leader formation lends itself well to the development of soccer skills. The use of the leader in the center allows for more controlled skill practice. The leader passes and receives the ball from each circle player in turn. After completing a round to all the players, the leader takes his place in the circle, and another child becomes the leader.

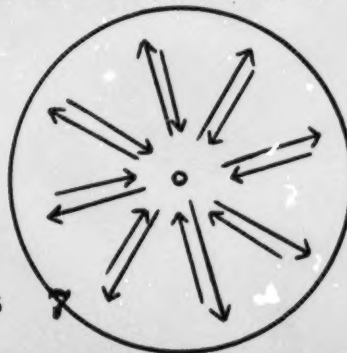


Figure 5

### Two Line Drill:

Two lines of three to four children face each other across a ten-yard distance. Players practice kicking, passing, and trapping in this formation. The ball is kicked back and forth in a sequential pattern to include each child.

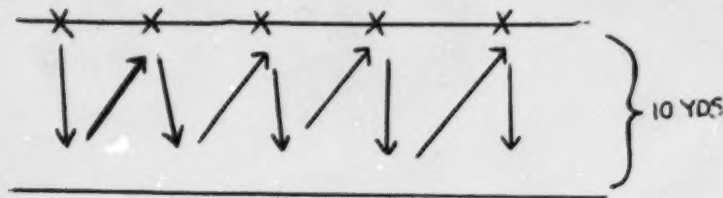


Figure 6

### Shuttle Turnback:

The two halves of a shuttle formation face each other about ten yards apart. The first player in the file kicks to the first person of the other file, who traps the ball and then prepares for his kick. After kicking, the player goes to the end of his file.

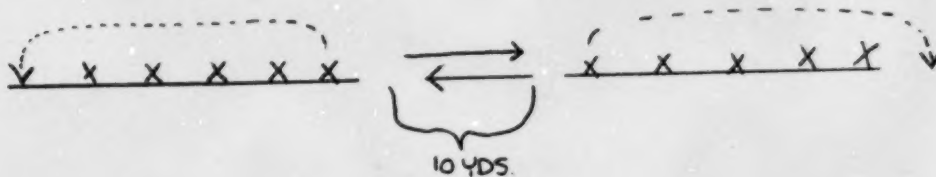


Figure 7

### Shuttle Dribbling:

Dribbling, passing, and trapping can be practiced in the regular shuttle drill. The first player dribbles to the other file. The ball continues to be dribbled back and forth in turn. Each dribbler joins the rear of the file toward which he dribbled.

The player can dribble part way toward the other file and, when about five yards away, pass to the head of the other file.

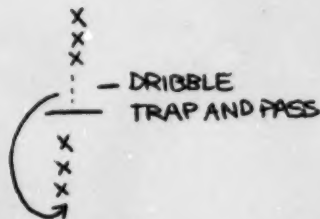


Figure 8

### Three Man-Shuttle Dribble Drill:

Three players make up this drill and are positioned in this fastion.

Number one has the ball and dribbles the ball back to number three. The drill can be conducted several ways. The first is to dribble the entire distance. A second way would be to dribble a portion of the distance and then pass the ball to the end man. Also, obstacles can be placed so it is necessary to dribble in and out of each obstacle.

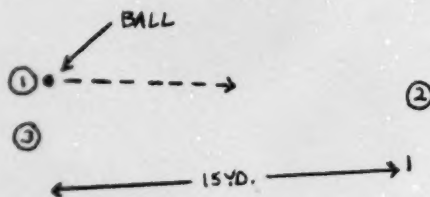


Figure 9

#### File (line) Formation Drills:

Each team is in a relay formation to practice the skills. A standard or base should be placed about 15 feet in front of the file. The following patterns of drills illustrate some of the possibilities from this formation.

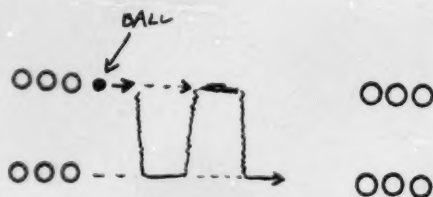


Figure 10

1. Player dribbles forward, around the base, and back to the file.
2. Player dribbles forward, around the base, and from this point passes back to the head of the file.
3. Use three obstacles, four yards apart. Player dribbles in and out of the obstacles in a weaving motion, forming a figure-eight pattern.

#### Passing Drill:

A double shuttle formation is used for this drill, which is the equivalent of two teams alongside each other in shuttle formation. The shuttle halves are about 25 to 30 yards apart.

Two players, one from each file, move at a time. One player has the soccer ball. A short dribble is taken forward and then the ball is passed to the other player moving forward with him. The second player takes a short dribble forward and passes the ball back. This continues until they reach the other files, where two players repeat the maneuver, returning the ball to its original starting place. The ball is shuttled back and forth by two players at a time.

#### Circular Dribbling:

The players form a large circle standing about three yards apart and facing in. One player starts dribbling the ball around the circle, alternating going outside the first player and inside the next in a weaving pattern.

After a player completes the round of the circle, he passes to the player ahead of him who continues the drill. Eight players in a circle make a nice number for this drill.

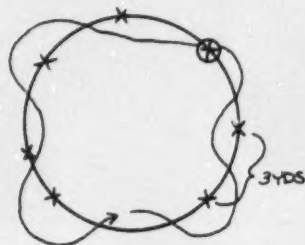


Figure 11

The drill can be used as a relay but considerable control is needed to assure that the path of the ball has been accurate and complete in the weaving movement.

#### Line Dribbling:

Divide the class into as many squads of four or five players as you have balls. Arrange squads in a file formation behind a restraining line. Draw a second line approximately twenty feet in front of the restraining line. Each player dribbles the ball to the designated line, stops the ball on the line, turns around, dribbles back and all the way around his squad. He stops the ball opposite the next player, who goes.

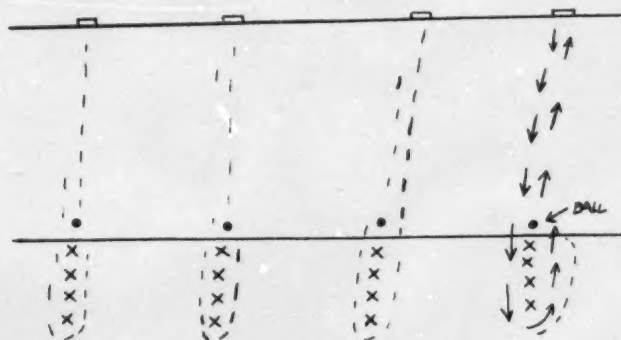


Figure 12

#### Variation:

1. Dribble and Stop. Start the first child from each squad at the same time. As they dribble forward, blow your whistle and require each child to stop the ball as soon as he can.
2. The whistle is blown and the left leader says "right," "back," or "forward." The child must first stop the ball, then dribble it in the direction you have designated.

### Goal Kicking:

Three stages are suggested for goal kicking drills.

1. A file of players is stationed about 40 feet in front of the goal. A ball chaser awaits behind the goal. Each file player in turn dribbles forward about ten feet to 15 feet and attempts to score a goal. Use different kinds of kicks.

2. A goalie guards the goal while another child is the ball chaser. Each file player in turn advances with the ball and tries to outwit the goalie and score a goal.

3. Three-on-two drills emphasize the need for accurate passing and kicking. Two players are on defense and three offensive players advance with the ball. The object for the three is to advance and score a goal.

### Wall Kicking:

Line formation around any wall surface with players approximately six feet away from the wall and with at least four feet between each player. Each player kicks the ball to the wall, retrieves the rebound with a foot or knee trap and continues kicking practice.

### Variation:

Allow each child to kick the ball as it rebounds to him. Start each child several yards back from the ball and run up and kick it. Start child and ball several yards back from kicking line, dribbling up to line and kick ball to wall. Repeat with opposite foot.

### Relays:

Almost all soccer drills can be organized as relays. Caution is urged to introduce relays only after the children have mastered the skills sufficiently to have reasonable control of the path of the soccer ball. Insistence on procedure in soccer relays is important. The ball should always be under good control, and a relay should finish with the ball in the possession of the team, not just kicked through or past some line. Touching the ball with the hands or arms should mean disqualification.

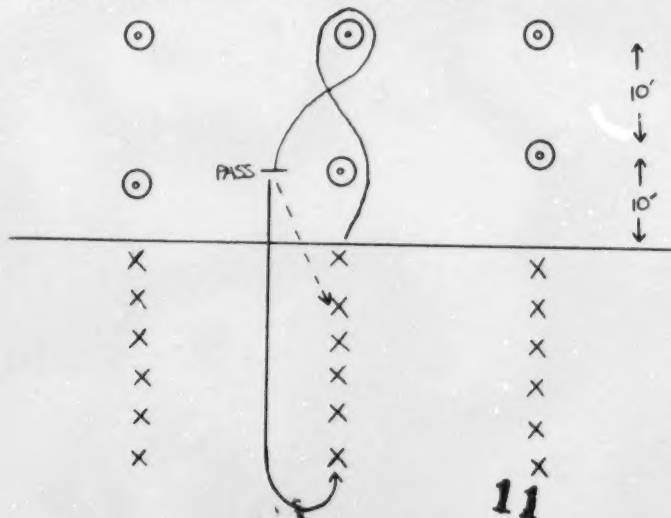


Figure 13

1. This relay is to help with dribbling and passing skills.
2. Divide into teams and line up behind a line in single file.
3. Place two or more obstacles five to ten feet apart, and ten feet from the starting line.
4. At the command dribble to the right of the first obstacle, around the last obstacle, and back to the left side of the first obstacle. Stop the ball even with the first obstacle and pass to the next teammate in line.
5. The first person then goes to the end of the line.
6. When all have finished squat down to prove you are finished.

## LEAD-UP GAMES FOR SOCCER

## Alley Soccer

Formation: See diagram No. of Players: Class  
Supplies: Soccer ball, boundary markers,  
pinnies  
How to Play:

The playing field is 100 feet long, 75 feet wide divided lengthwise into five alleys 15 feet wide, a restraining line ten feet in front of each goal line, and a center line. The game is played by two teams of ten players each. One player stands between goal line and restraining line of each lane on his team's side of the center line and is the forward line player of that lane for his team.

The object is for the forwards to dribble the ball down the field and kick the ball over the opponent's goal line. The opposite forwards try to get the ball to go toward the other goal. The team with the ball is known as the attacking team, the team without the ball as the defending team. Play is started in the center alley at the center line. Players tap their feet together three times saying "Hockey 1, hockey 2, hockey 3," then they both try to kick the ball first. Forward line players should pass the ball across alleys and down field to other forwards. After a goal the ball is given to the official and play is started at the center of the field. Players rotate one lane from left to right starting at the left forward position. If there are more than ten players on a team, the extra players become sideline guards. In that case the right forward moves into the right sideline guard position rather than moving directly to the right goal line position. Sideline players put all balls in play on their side of the field.

**Fouls:**

1. Touching the ball with the hands
2. Stepping over alley lines
3. Pushing an opponent
4. Goal line guards stepping over restraining line to defend goal
5. Forwards stepping over restraining line to kick or retrieve ball
6. Kicking ball for goal above shoulder height

**Penalty:**

Free kick from spot where foul was made (unguarded kick)  
Penalty kick 15 feet in front of restraining line may also be taken

**Scoring:**

One point for each field goal

**Positions:**

Goalkeeper, forwards, halfbacks, and fullbacks

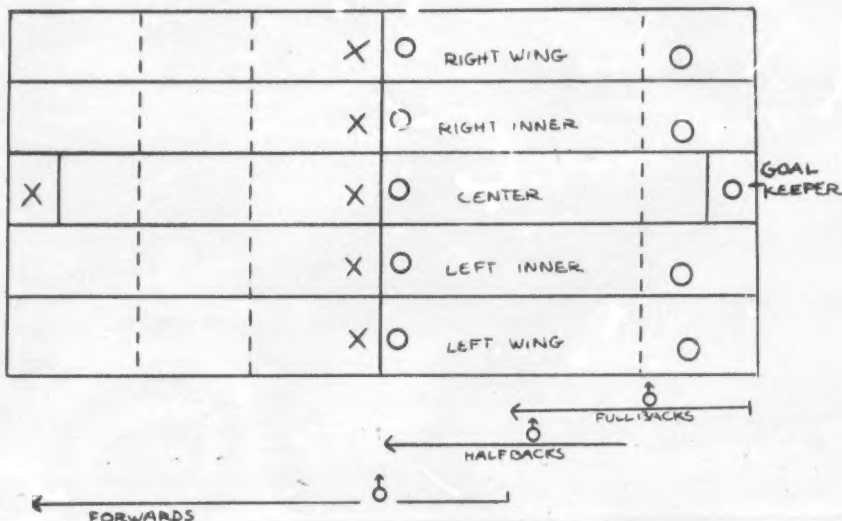


Figure 14

Base Soccer

**Formation:** Diamond

**Supplies:** Soccer ball and bases

**How to Play:**

**No. of Players:** Ten to 20

**Grade levels:** 3-6

Kicker punts (kicks from hands) and tries to make all bases without getting put out. He may run until ball is held by catcher at home plate or is played to base at which he is running. One point is scored if runner completes circuit. The kicker is out if: (a) Ball doesn't go over ten feet line (b) Ball is caught on fly (c) Player is touched by ball when in hands of opposing team. Player may stay on base and advance on next kick. When the kicking team has three outs, they change places.



Figure 15

### Circle Kick Ball

Formation: Circle  
Supplies: Soccer ball  
How to Play:

No. of Players: Ten per circle  
Grade levels: 3-5

Placers kick the ball with the side of the foot, back and forth inside of the circle. The object is to kick the ball out of the circle below the waist of the circle players. A point is scored against each of the players where the ball left the circle. Any player kicking the ball above the waist level gets a point against him. A variation is to eliminate the offending players instead of scoring points against them.



Figure 16

### Circle Kick Soccer

Formation: Circle  
Supplies: Soccer ball  
How to Play:

No. of Players: Ten to 20 per circle  
Grade levels: 3-6

The ball is rolled into center of circle and players pass the ball around the inside of the circle. Players trap, block and pass with feet and legs, but keep hands joined. If the ball goes outside the circle, the players between whom it passed are eliminated from the game. When all but five are eliminated, the game is over. The object is to kick the ball out of the circle below the waist of the players.

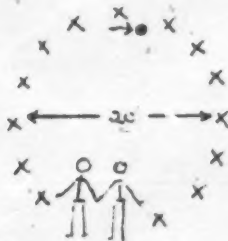


Figure 17

### Circle Soccer

Formation: Circle  
Supplies: Soccer ball  
How to Play:

No. of Players: Ten to 14 per  
circle  
Grade levels: 4-8

On one half of a divided circle is Team A. On the other half is Team B. Team B tries to kick the soccer ball out of the circle on Team A's side. If Team B succeeds and gets the ball out of Team A's side, Team B scores one point. If Team B kicks the ball over the waist of any Team A player, it is a point for Team A. The ball must be stopped by using one of the three traps before it is kicked. If not a point is scored by the opponent. The ball is kicked by using the instep kick or inside of foot kick.

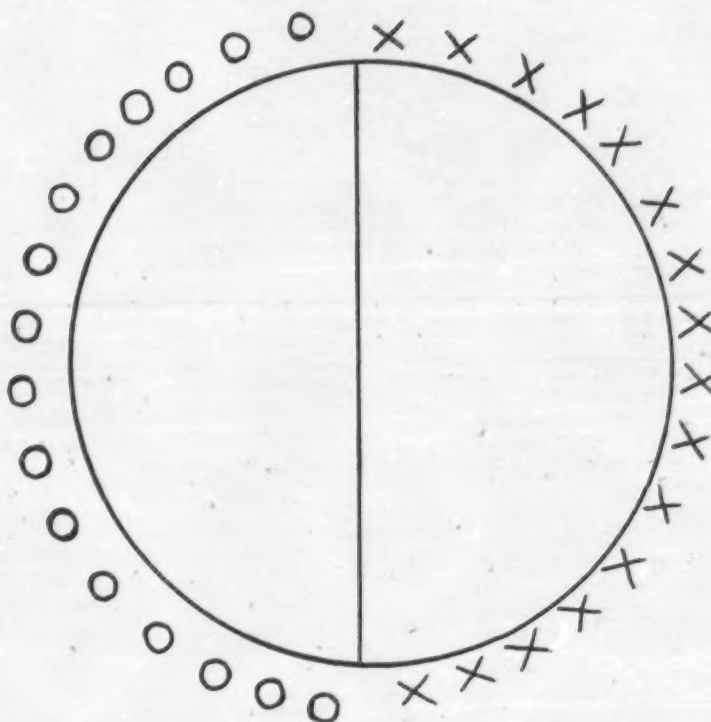


Figure 18

### Crab Soccer

Formation: See diagram  
Supplies: Soccer ball and boundary  
markers  
How to Play:

No. of Players: Class  
Grade levels: 3-8

The object is to move the ball over the opponent's end line while maintaining the crab-walk position. The hands cannot be used to advance

the ball. The game starts with each team lined up on its own end line and the ball in middle of the playing area. On the signal both teams move toward the ball in the center and attempt to kick it over the opposing end line. The game is very similar to mass soccer except the the crab-walk position. The game is made more exciting by the use of a cage ball.

One point is scored for every time the ball crosses the opponents end line.

**Variations:**

1. Use soccer goals. Score five points for a goal and one point for the passing of the ball over the end line.
2. Divide the team into guards and forwards. Let the forwards roam and have the guards protect the end line. Rotate after a score.

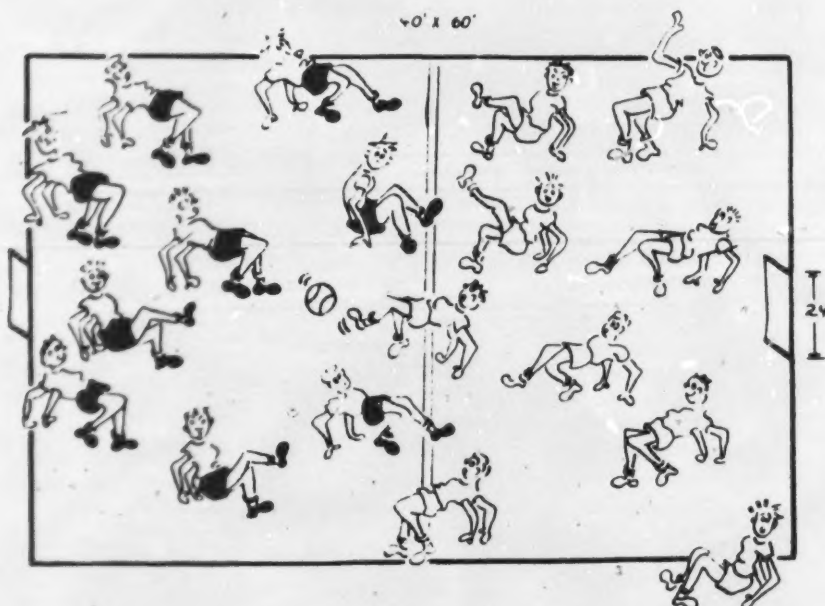


Figure 19

Diagonal Soccer

Formation: A square about 40 feet by 40 feet with a diagonal line from corner to corner

No. of Players: Twenty

Grade levels: 4-8

Supplies: Soccer ball

How to Play:

The diagonal line divides the playing area into two team halves: the members of the team line up on the sides of a square in their half. Two players are out on the floor from each team in their own half of the floor. These are the active players; the others act as line guards. The active players try to intercept passes and kick through the opposite team's line to score. When a score is made, the active players rotate to the sidelines, and two new players take their places.

Players on the sidelines may block the ball with their bodies but cannot use their hands. The team against whom the point was scored starts the ball for the next point.

Scoring is much the same as in Circle Soccer in that a point is scored for your opponents if:

1. You allow the ball to go through your line below the waist.
2. You touch the ball illegally.
3. You kick the ball over the other team above waist height.
4. An active player steps over the diagonal line to retrieve or kick the ball.

Teaching Suggestions: If the class is large, enlarge the area and use three or four active players at a time. Losers start the next game.

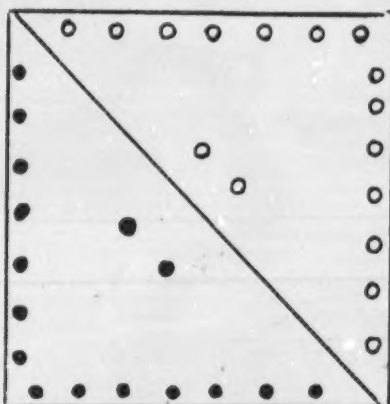


Figure 20

#### Dribbling Relay

Formation: Lines facing set obstacles      No. of Players: Class  
Supplies: Soccer balls, hoops or ropes      Grade levels: 2-5  
                 to make circles, jugs

How to Play:

Relay lines are formed behind a designated line. At a distance set up jugs as obstacles. In between relay lines and jugs make rope hoops and place a soccer ball in each hoop.

As the whistle blows, the first runner in each line runs out and kicks a ball from any hoop he wishes and proceeds to dribble it around the obstacle and back into the hoop. This can be a different hoop than the one from which he originally took the ball. Then he runs back to his original line and tags the next runner.

To more easily select a winner the line should sit down when everyone is finished.

Figure 21

End Zone Soccer

Formation: See diagram                      No. of Players: Twenty  
Supplies: Soccer ball, boundary markers      Grade levels: 4-8  
How to Play:

Each player is in his own half of the field, and only the kicker is in the circle. After the kickoff, players of either team may advance to the zone line of the opponent in an effort to kick the ball over the goal line. Players may not use their hands while playing the ball. If the ball is kicked for a goal and goes over the heads of the defenders, a free kick is awarded the defenders at the spot the ball crossed over the goal line. The regulations for out-of-bounds plays and fouls are the same as in soccer. A goal scored by kicking the ball over the opponent's goal line counts one point.

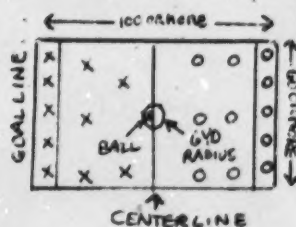


Figure 22

### Four Division Line Soccer

Formation: See diagram

No. of Players: Class

Supplies: Soccer ball, pinnies,  
boundary markers

Grade levels: 4-8

How to Play:

Each team has one person in each square. They must remain in their square at all times. The people on the outside boundaries are there only to keep the ball in bounds. They cannot score.

The object of the game is to kick the soccer ball across the opponent's back goal line (line B). The ball must be kicked across, below the waist of the goalies. All rules of soccer apply except that people on the goal lines must stay between lines A and B and those in the squares must stay in them. No one including goalies can touch the ball with their hands or arms.

Rotation is counterclockwise, four people rotating at a time. Rotation takes place after a point is scored or when the teacher feels it is time for a change. Balls that work their way out of bounds are kicked back in by sideline people.

This game encourages passing and dribbling to teammates and gives a better feeling of team involvement.

Rule infractions are punished by giving closest opponents a non-scorable free kick or calling for a rotation. The game is begun at the center with a face-off.

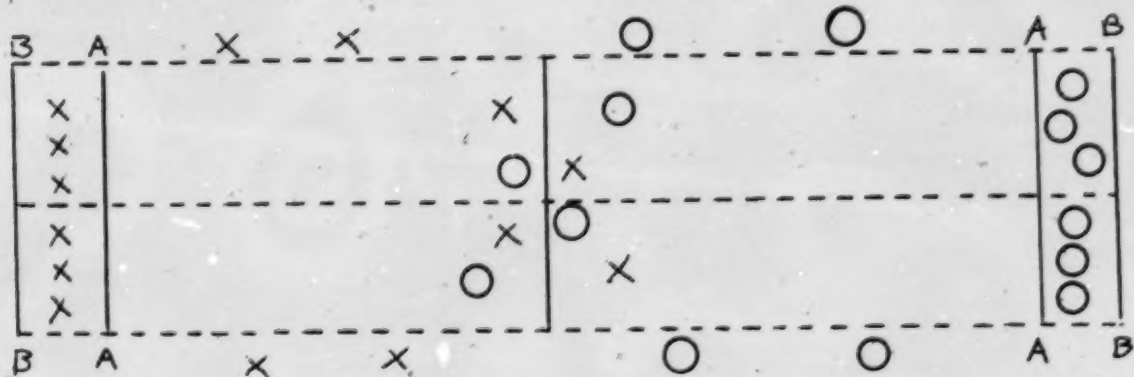


Figure 23

### Group Soccer

Formation: See diagram

No. of Players: Class

Supplies: Soccer ball, boundary  
markers, pinnies

Grade levels: 6-8

How to Play:

A class of 40 to 64 students is divided into two opposing groups. Each group is then divided into four teams of from five to eight players each. The four teams of each group are then placed in position, as follows: Team 1

plays the game on court; teams 2 and 4 defend the sidelines and are placed from the goal line to the center line K; team 3 is placed along the goal line and defends the goal against kicks by the opposing groups. (See the diagram for positions of groups and teams; X and O represent the two groups and the team positions are numbered.) Two players from each team in position 1 are placed in Area A and two from each team in position 1 are placed in Area C. These plays may not leave the area in which they are placed. Two players from each team in position 1 are located in Area B and may roam all over the court.

**Play:** The ball is kicked off at the center line (K) by a face-off between a player from each team in position 1. The ball is then kicked and placed as in soccer, until a goal is scored or until the period ends. If a goal is scored, K starts the ball again.

**Time and Scoring:** The game is placed in four five-minute periods. Any goal kick growing out of regular play, or resulting from a foul is scored as one point. The group with the most points wins, the scores of the four teams in each group being added together for the group total.

**Fouls:** If any player except the goalies (players in position 3) touches the ball with his hands or forearms, the opposing team gets a free kick for one point from the K line. This kick may be blocked only by the goalies. If any player is guilty of unnecessary roughness, then an opponent gets a free kick for one point from K. Only goalies may block this kick. If a player in position 2 or 4 permits the ball to go through the side line, then the opposing team gets a free kick for one point from K. This kick may be blocked by either a goalie or player in position 1.

**Suggestions:** At the end of each five-minute period, the teams move from position 1 to position 2, to position 3, to position 4, to position 1. This permits each player to have a chance to serve as goalie, line player, and as forward or guard.



Figure 24

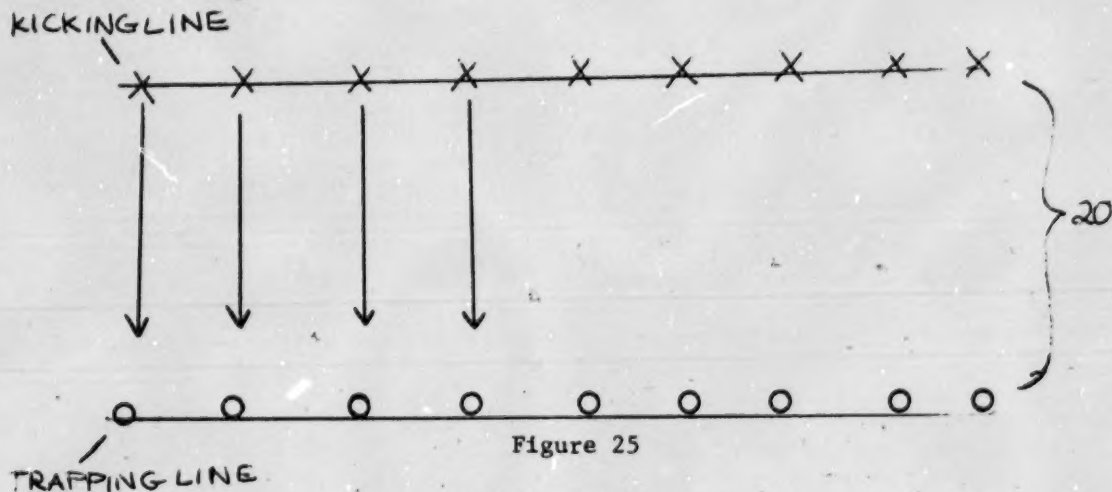
### Kick and Trap

Formation: Two lines approximately 20 feet apart, partners facing  
Supplies: Soccer ball for each set of partners

No. of Players: Class  
Grade level: 3-5

How to Play:

The players in each row should face each other about 20 feet apart, across from their partner. One line is designated to kick using the inside of their foot. The opposite line is designated to do the trapping. Work specifically on the trap that is called by the teacher. Use all three traps, sole trap, one knee trap, and two knee trap. When the trapping line has had sufficient practice then switch so the kicking line then starts to trap.



### Kick for Distance

Formation: Line  
Supplies: Soccer ball  
How to Play:

No. of Players: Class  
Grade levels: 3-8

Line up behind kicking line--two players stand at end of field to recover kicks. Each player is given a definite number of tries. Longest kick is recorded. The player with the longest kick is the winner.



Figure 26

### Kickball Soccer

Formation: Same as softball  
Supplies: Soccer ball and bases  
How to Play:

No. of Players: Class  
Grade levels: 3-8

#### Procedure:

The pitcher rolls the ball to the waiting kicker, who attempts to kick the ball into the field and then run to first, second, third, and home bases before being tagged or thrown out by the other team.

#### Strike:

1. Batter kicks at ball without touching the ball.
2. Foul ball on first or second strike - exception on third.
3. Foul tip held by catcher is a strike (use with umpire).
4. The batter may not run on the third strike, whether ball is held or dropped by catcher.
5. Pitched ball goes across home plate without being kicked (use with umpire).

#### Foul Ball:

Any kicked ball that is touching or comes to rest on the ground outside of first base or third base is a foul ball.

#### Fair Ball:

1. Legally kicked ball coming to rest between first or third base even though it has touched foul territory.
2. Legally kicked ball hitting in fair territory (line extended from first and third) beyond first and third (even though it should roll foul).
3. If ball is touched in fair territory, it is automatically a fair ball no matter where it goes.

#### Overthrows:

1. A ball overthrown at first entitles runner to move to second base.
2. A ball overthrown at second entitles runner to move to third base.
3. For a ball overthrown at third, runner must stay on third until batted in.

#### Outs:

A batter is out if:

1. a batter kicks out of turn.
2. he kicks a fly ball that is caught.
3. he has three strikes.
4. he kicks four fouls.
5. the batter steps in front of home plate to kick the ball.
6. a foul tip higher than batter's head is caught.

A runner is out if:

1. he is hit by a kicked ball while running bases.
2. two runners are on one base--the last runner to reach base is out.
3. one base runner overtakes another runner, the runner who passes is out.
4. he runs on a fly ball before it is caught and is unable to return to his base before being tagged or ball is thrown to that base.
5. he leaves base before the pitcher releases the ball.
6. he intentionally leaves his feet while gaining a base (intentional slide).
7. "tagged out" before reaching base. The ball must be in the baseman or fielders hand.

NOTE: A runner may overrun first base, but he is liable to be tagged out if he overruns second or third base.

Legally Pitched Ball:

1. Pitcher takes one step and delivers the ball underhand with the wrist inside the elbow line.
2. Pitcher must stay in his box until after ball is kicked. (Penalty: batter is entitled to advance one base.)

Stealing Base:

1. A runner may not steal a base.
2. A runner must be batted in to score.

Scoring:

Each successful run to home plate scores one point. The team wins that has more points at the end of seven innings if each team has had seven turns at bat.

### Kickover Ball

|              |                       |                 |       |
|--------------|-----------------------|-----------------|-------|
| Formation:   | Parallel lines        | No. of Players: | Class |
| Supplies:    | Soccer ball and lines | Grade levels:   | 4-6   |
| How to Play: |                       |                 |       |

Players are divided into two teams and placed in parallel lines facing each other. Team alternate putting ball in play. A space is left between the feet of the teams. By superior kicking, one team tries to kick the ball over the heads of the other team. After the ball is kicked over one team's head, the two end players jump up and try to retrieve the ball and run over a restraining line. The team with the most points wins. Game may continue until all get a chance to retrieve the ball.

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RESTRAINING  
LINE

Figure 27

### Line Soccer

Formation: See diagram  
Supplies: Soccer ball and boundary  
          markers

No. of Players: Class  
Grade levels: 3-8

#### How to Play:

The object is for the "active" players to score by kicking the ball below shoulder level through the other team. The line players act as goalies and are permitted to use their hands. As soon as the ball is caught by a lineman, it must be passed to an active player on his team. The game starts with the ball on a spot midway between the two lines, by a roll-in, or by a dropped ball. After a score, new numbers are called. Only the active players can score.

One point is scored by an active player kicking the ball below waist level through the other team.

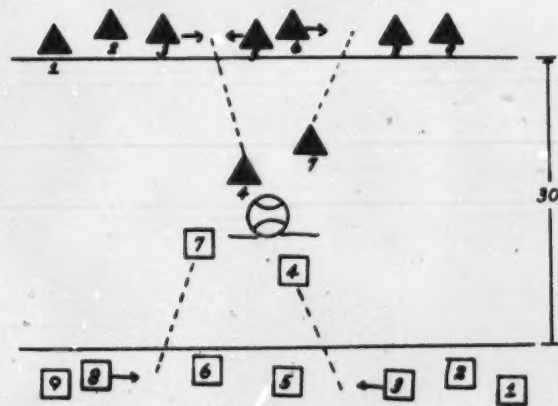


Figure 28

#### Variations:

1. Players form a square or circle formation. 2. Call more than one number at a time. 3. Have four teams, one lined up on each side of a square. When a number is called, the four persons with that number are against each other. Each player has the possibility of scoring on three sides of the square.

#### Time Limit:

A time limit should be set of two minutes for any set of players. If no goal is scored during this time, a halt is called and players are changed.

### Long-Base Soccer

Formation: See diagram  
Supplies: Soccer ball and base  
How to Play:

No. of Players: Class  
Grade levels: 4-8

When the game starts, one team is at bat at the goal line and one is in the field. The object is for those at bat to kick the ball, run around long base, and return home without being hit by the ball or having the ball cross the goal line ahead of them. Everyone on both teams has a number. The first person comes to bat while his corresponding number on the fielding team comes to the pitching position. The pitcher rolls the ball, and the batter attempts to kick the ball as far as possible. Any ball kicked in front of the goal line is considered a fair ball. After the ball is kicked, the batter runs around long base and back to the goal line. The members of the fielding team have two ways of putting him out. They can either hit him with a kicked ball or pass to his corresponding number in the field, who then kicks the ball behind the goal line. The fielders may not use their hands. Teams change sides when all members on a team have batted. A batter is allowed to run out of the base line to avoid being hit.

One point is scored each time the batter can circle long base and cross the goal line ahead of the ball without being hit.



#### Variations:

1. Omit the pitcher. Have the batter punt, drop kick, or place kick from the goal line.
2. Use two balls. After the batter kicks the ball, he dribbles a second ball around long base and back across the goal line.
3. As the fielding team becomes more proficient, use a goalkeeper. The batter on deck plays goalie, that is, batter number three bats, batter number four plays goalie.

### Mass Soccer

Formation: See diagram

No. of Players: Class

Supplies: Soccer ball, pinnies, and  
boundary markers

Grade levels: 4-8

How to Play:

The object is to kick the ball below waist level over the opponent's end line. Teams line up behind their end lines. The ball is placed in the center of the field. The players rush for the ball and attempt to kick it over the opposing end line. There are no assigned positions. When the ball goes over the sideline, it is thrown back in by the referee. No one is allowed to use his hands.

One point is scored for every time the ball crosses the opponent's goal line below waist level.

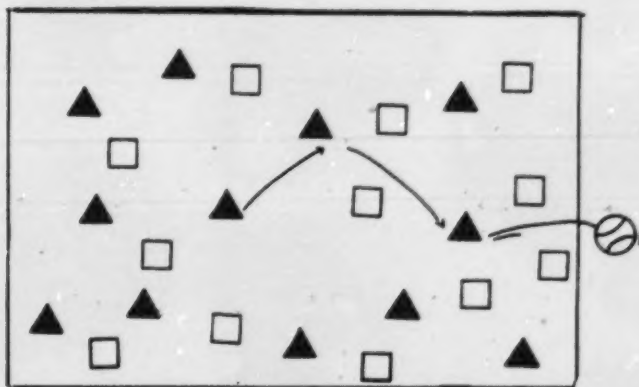


Figure 30

Variations:

1. Use two balls to provide more action.
2. Divide the team into three equal groups: goalies on the end line, sideline players along both sidelines in their half of the field, and forwards on the playing field. Rotate groups after each score.

### Mickey Soccer (Dribble Call Ball)

Formation: Circle

No. of Players: Six to eight

Supplies: Soccer ball per circle

per team

How to Play:

Grade levels: 3-6

The players on each team are numbered consecutively. The teams should be equal in numbers. A soccer ball is placed in a two foot square in the center of each team circle. When the teacher calls a number, each opponent holding this number runs through the space just vacated, around the circle,

and back through the opening to the center area, where he finishes by placing his foot on the ball while it is in the small square. One point is scored for the winner. Then another number is called. Directions around the circle should be changed to get practice dribbling with both feet.

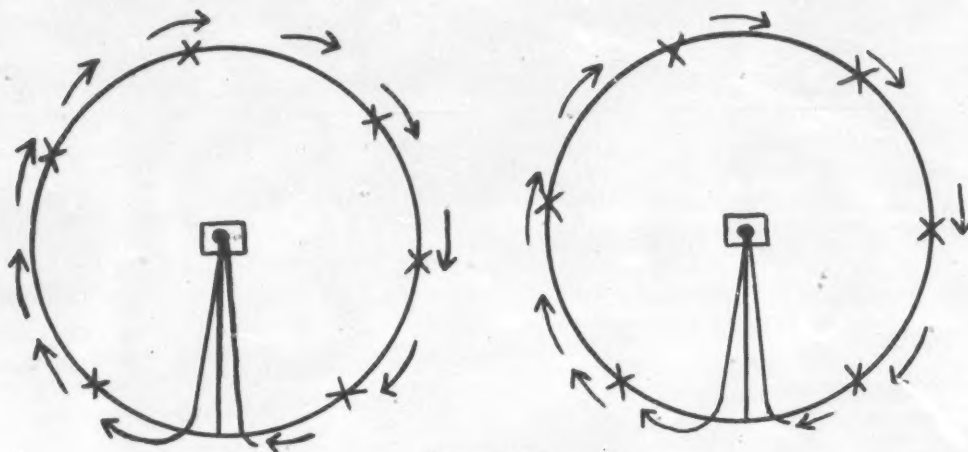


Figure 31

Modified Soccer (Seven-Player Game)

|              |                                                                           |                 |                    |
|--------------|---------------------------------------------------------------------------|-----------------|--------------------|
| Formation:   | Large area - 100 feet by 150 feet                                         | No. of Players: | Seven on each team |
| Supplies:    | Soccer pinnies or colors to mark teams, soccer ball, and boundary markers | Grade levels:   | 4-8                |
| How to Play: |                                                                           |                 |                    |

This should be the basic game for soccer play in elementary schools. It provides much more activity than the eleven-man game, where there can be considerable lack of activity when the ball is at the other end of the field.

A goal, 24 feet wide, is on each end of the field, marked by jumping standards. A 12-yard semicircle on each end outlines the penalty area. The center of the semicircle is at the center of the goal.

The game follows the general rules of soccer with one goalie for each side. One new feature needs to be introduced, the corner kick. This occurs when the ball goes over the end line but not through the goal last touched by the defense. If the attacking team last touched the ball, the goalkeeper kick is awarded. The goalie puts the ball down and place-kicks it forward. If the defenders last touch a ball going over the end line, the ball is taken to the nearest corner for a corner kick. This is a direct free kick, and a goal can be scored from the kick.

Most soccer rules, previously outlined, apply to this version of the game.

The forwards play in the front half of the field, and the guards are in the back half. However, neither are restricted to these areas entirely but may cross the center line without penalty.

A foul by the defense within its penalty area (semicircle) results in a penalty kick, taken from a point on the semicircle directly in front of the goal. Only the goalie is allowed to defend. The ball is in play, with the others waiting outside the penalty area.

The players are designated as center forward, outside right, outside left, right halfback, left halfback, fullback, and goalie. Position play should be emphasized.

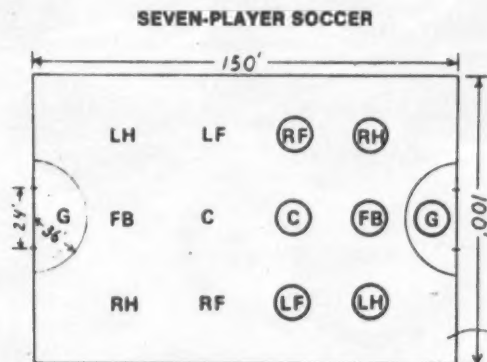


Figure 32

**Variation: Five-Player Soccer:**

The game can be played with five on a side, each team having a goalie, two forwards, and two guards. The area for play should be smaller.

**Norwegian Ball**

Formation: See diagram

No. of Players: Class

Supplies: Soccer ball

Grade levels: 3-5

How to Play:

The object is for the kicker to kick the ball and to run around his team a predetermined number of times before the team in the field can form a line in straddle position and roll the ball through everyone's legs to the end person, who holds the ball in the air. The ball can be kicked in any direction in front of the kicker. The fielders are scattered until the ball is kicked. They then line up behind the person who recovers the ball. The ball must pass through everyone's legs except those of the last person, who holds the ball in the air over his head. If the fielding team performs this feat before the runner can circle his team, three times generally, the kicker fails to score. After everyone has kicked, teams change sides.

One point is scored by the kicker if he can circle his team three times before the last person in line raises the ball.

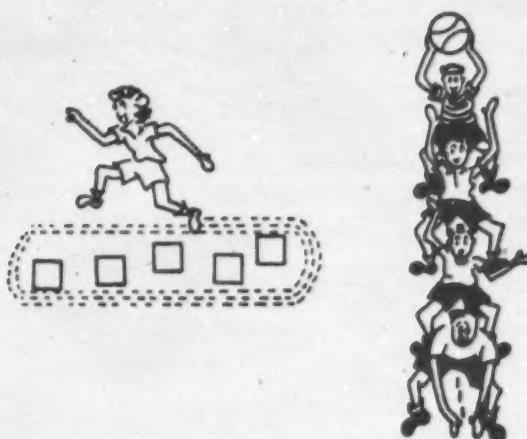


Figure 33

**Variations:**

Have the kicker dribble a second ball once around his team instead of running three times.

**Pin Kickball**

**Formation:** See diagram

**No. of Players:** Seven to ten per team

**Supplies:** Soccer balls, bowling pins, and line markers

**Grade levels:** 3-5

**How to Play:**

At least four pins are placed equidistant between the two lines of players. The object of the game is to knock over the pins with the kicked ball. Toss coin for the first kick. Kicks must be made from the line on which the teams are standing. Players should trap the ball and concentrate on accuracy. Begin with one ball and add another.

Score one point for each pin knocked over. The player who knocked down the pin sets it up again.

The type of kick can be specified or it can be left up to choice. Be careful of one or two players dominating the ball. Both distance and number of balls may be increased as skill improves.

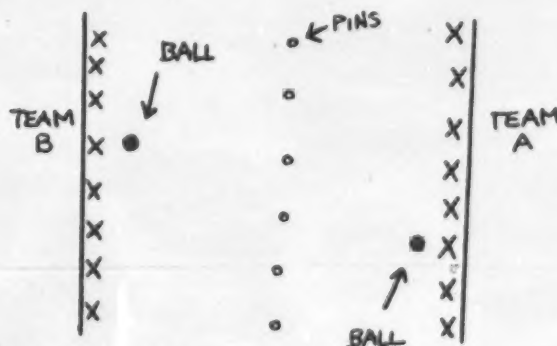


Figure 34

### Sideline Soccer

Formation: See diagram  
Supplies: Soccer balls, boundary markers, and pinnies

No. of Players: Class  
Grade levels: 3-8

#### How to Play:

Each team is made up of ten active players and ten sideline players. The object is for the active players to kick the ball over the end line of the other team. None of the players may play the ball with his hands. The active players play regular soccer positions and rules. Following a score the active players are rotated with sideline players. Sideline players keep the ball from going out of bounds and pass it back to one of their active players. They can be used to advance the ball; however, goals must be made by active players. The active players on the end line serve as goalies. Play is started by the referee dropping the ball between two opposing players.

One point is scored by an active player kicking the ball below waist level over the other team's end line

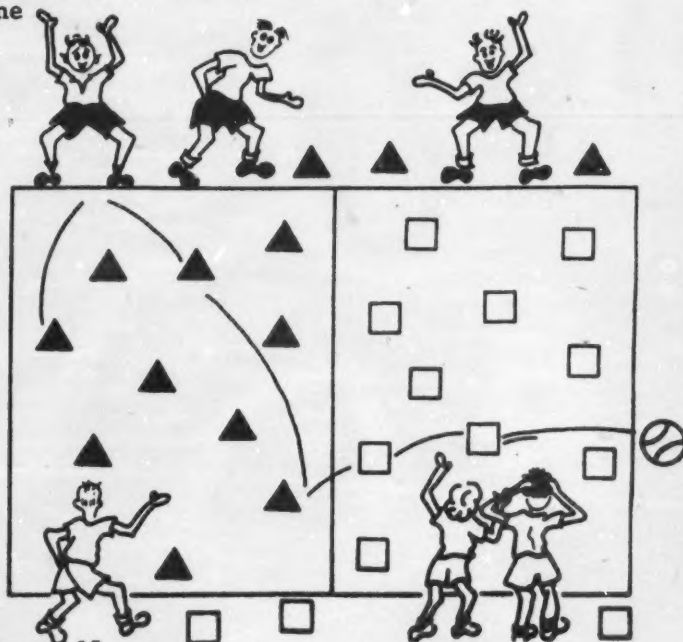


Figure 35

#### Variations:

Use a soccer goal and goalkeeper.

### Soccer Dodgeball

Formation: See diagram  
Supplies: Soccer ball (slightly deflated)

No. of Players: Class  
Grade levels: 3-8

#### How to Play:

One team forms a circle with the other team grouped in the center. The object is for the team in the circle to kick the ball in and try to

hit one of the players grouped inside. Players may not use their hands to control or retrieve the ball. A point is scored for the kicking team for each time a person in the center is hit. Hit players can be eliminated or remain to be hit again. A point is deducted from the team score for every violation by touching with the hands. Kick with side of foot.

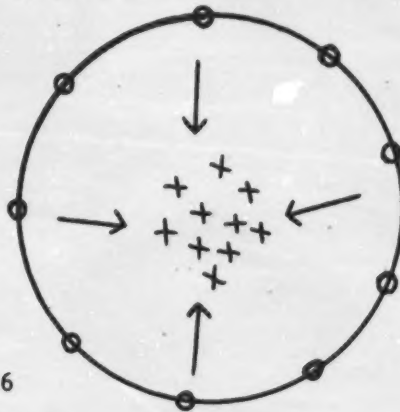


Figure 36

Soccer Kickball

Formation: See diagram

No. of Players: Class

Supplies: Two soccerballs, three markers, ropes for boundaries

Grade levels: 4-8

How to Play:

Kicker number one kicks one soccer ball to opponenets. He then attempts to dribble another ball placed to the right AROUND the markers and back again.

Fielders trap the ball and bring it back toward the goal area by passing and dribbling.

At least FOUR players must advance the ball before the ball may be kicked through the goal posts.

Score one point for whichever team is successful.

After every one on offense has kicked, change sides.

Object of game:

Offense--to dribble soccer ball around base and return before opponents field ball and kick it through goals posts.

Defense--to field the ball and kick it through goal before offensive player returns dribbling ball around base.

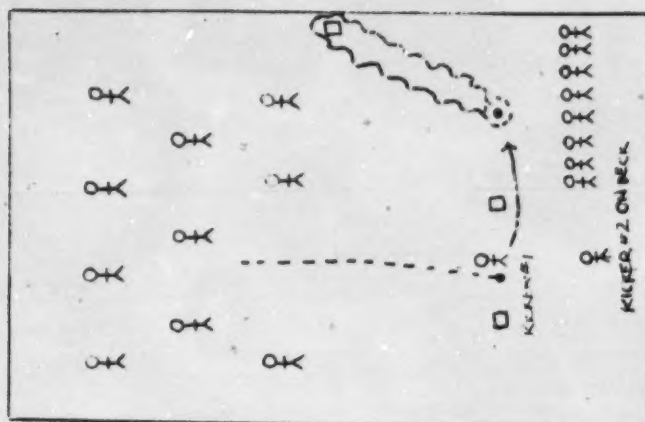


Figure 37

### Soccer Snatchball

Formation: Two parallel lines about 30 feet apart      No. of Players: Six to eight per team  
 Supplies: Soccer ball      Grade levels: 2-4  
 How to Play:

Each team is numbered consecutively and is back behind its line. For each number on one team there is a corresponding number on the other team. The ball is placed at a spot midway between the two lines. The teacher calls a number, and the two players, one from each team, run forward. Each tries to capture the ball and (dribble or kick) it back to his own line. A point is scored when the ball is over the line below waist level. If over waist height, the other team scores a point.

### Teaching Suggestions:

The order of the numbers called should vary, and the caller should make sure that every number is called. If the ball goes out on the sides, it can be dropped between the two active players.

### Soccer Touchball

Formation: Circle with player in center      No. of Players: Eight to ten  
 Supplies: Soccer ball      Grade levels: 3-5  
 How to Play:

Players are spaced around a circle about ten yards in diameter. The object of the game is to keep the player in the center from touching the ball. The ball is passed back and forth as in soccer. If the center player touches the ball with a foot, the person who kicked the ball goes to the center.

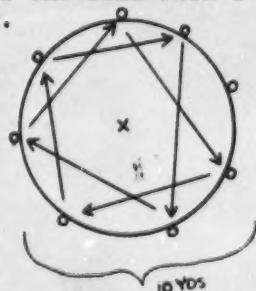


Figure 38 32

### Three Line Soccer

Formation: Soccer field 80 feet to 120 feet long, 60 feet to 100 feet wide, and a center line bisects the field  
 No. of Players: Fifteen to 20 per team  
 Grade levels: 6-8  
 Supplies: Soccer ball, pinnies, and boundary markers  
 How to Play:

This game follows the same general rules as Line Soccer. Each team is divided into three equal groups who line up as Forwards, Guards, and Goalies. Whenever a point is scored or the time is called, the teams rotate positions.

The forwards stand at the center line for the kickoff and then for play move into the forward (for them) portion of the field. The guards are scattered in the back half of the field, and the goalies are on the goal line. Thus forwards compete against guards of the other team, while the goalies guard the goal.

The goalies may use their hands to defend their goal, but the other players follow regular soccer player rules.

The game is started with a kickoff at the center with all players on side. After each score, the team that did not score gets to kick off.



Figure 39

#### Penalties:

Free Kick--For illegal touch and from the spot of the foul.

Direct Free Kick--Personal foul by a team in its front court.

Penalty Kick--Personal foul by a team in its back court (defense). The ball is placed 12 yards from the goal line and only the goalies may defend.

### Volley Kick Soccer

Formation: Softball diamond  
 No. of Players: Class  
 Supplies: Soccerball and bases  
 Grade levels: 3-5  
 How to Play:

There are two teams. One is in the field and the other is at bat. The team out in field, rolls the ball to the batter. The batter must kick the ball with an instep kick anywhere on the field. He then runs the bases to home while the team out in field tries to put him out. They do this by trapping the kicked ball, passing (instep kick) it to another member of the team. They trap it and pass it to second base. They must do this before the runner reaches home. The ball must be stopped completely on second before the runner is out.

The runner is out if the ball is on second before he reaches home. He is out if the ball goes above waist level when he kicks it.

The runner is safe if he reaches home before they can get the ball to second. He is safe if the fielders use their hands at any time. After there are three outs on a side, they switch positions.

#### Zone Soccer

|            |                                                                      |                 |                   |
|------------|----------------------------------------------------------------------|-----------------|-------------------|
| Formation: | Soccer field 100 field to 150 feet long and 90 feet to 120 feet wide | No. of Players: | Two teams of each |
| Supplies:  | Soccer ball, boundary markers, and pinnies                           | Grade levels:   |                   |

#### How to Play:

The field is divided into six zones as illustrated, with a pair of players (one from each team), occupying each zone. Players must play a ball only in their zone or on a line bordering the zone. The size of the teams means that two separate games can be organized in a normal class situation utilizing 32 or more students. The game proceeds as in soccer with the following exceptions:

1. There is no goalkeeper. No players may use the arms and hands to stop or handle the ball.
2. The ball to score must go through the goal at waist height or below. Each goal from the field scores two points.
3. In addition to the other fouls normally called in soccer, a free kick is declared if a player kicks or interferes with a ball not in his zone. A goal may be scored from such a kick. A score resulting directly from a free kick counts one point. On a free kick, the defensive players in the zone where the ball is kicked must be backed at least 15 feet. Any foul closer than 15 feet to the goal results in moving the ball out 15 feet in front of the goal with the defender positioned on the goal line.
4. Balls which go outside on the sidelines are placed in play by a throw-in by the opposite team at the point where the ball went out.
5. Balls which go over the end line, except for a deliberate kick by the defense, are put in play by a free kick by the defense five feet in front of the goal line at the point where the ball crossed the goal line. A deliberate kick over its goal line by the defense results in a free kick 15 feet directly in front of the goal by an offensive player.
6. Players rotate after every score or at the end of a fixed time period. A system of rotation is set up so that the sidelined players

move into the adjacent zone. The players on the far side after rotating off the field go around to take the place of the original sidelined players who have just moved into the adjacent zone.

7. After a score, the ball is put in play just back of the center line by the team which did not score. A team cannot score directly from this kick. The ball must be passed to another player before a score can result.

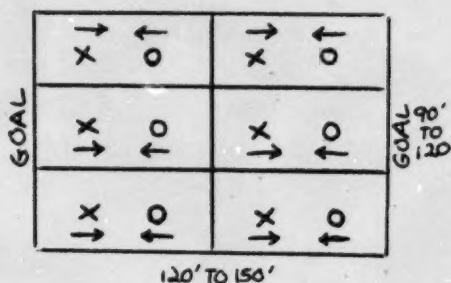


Figure 40

#### Teaching Suggestions:

If there are more than 12 players:

1. Additional zones could be added.
2. Extra players could wait on the sideline and rotate into game after a point is scored.
3. Two or more zone soccer games could be played.

#### The Game of Soccer

Formation: Rectangular soccer field      No. of Players: Class  
 Supplies: Soccer ball, pinnies, and      Grade levels: 5-8  
                  boundary markers

#### How to Play:

There are eleven players on each side, including five forwards, three halfbacks, two fullbacks, and one goalkeeper.

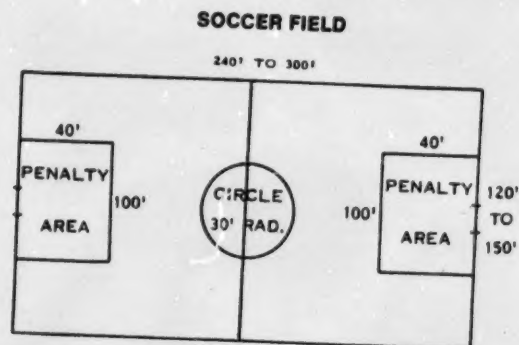


Figure 41

### Duties of Players:

**Forwards**--Advance the ball into scoring territory and attempt to score.

**Halfbacks**--Work both as offense and defense. Must do a great deal of running. Must back up both offense and defense.

**Fullbacks**--Primarily defense. Must be agile and skillful in blocking the ball. May use hands on defense within own penalty.

**The Kickoff**--On the toss of the coin, the winner gets the choice of kicking off or selecting his goal. The loser exercises the option not selected by the winner.

The ball must travel forward about one yard by the kicker, and he cannot touch it again until another player has kicked it. The defensive team must be ten yards away from the kicker. See the diagram for each team's playing position. The center forward of the offensive or kicking team kicks the ball from the center circle toward a teammate. The ball must travel its circumference. The opposition must remain outside the circle until the ball is touched; then players on both teams may cross the center line and play the ball wherever it goes. The object of the game is to move the ball down the field and into the opponent's goal for a score. The ball is moved by dribbling or by passing to another teammate. A defending player may intercept the ball and thus reverse the field of play.

**Playing Time**--Elementary school children should play not more than six-minute quarters. There should be a rest period of one minute between periods and ten minutes between halves.

**Out of Bounds**--When the ball goes out-of-bounds on the sides, it is put in play with a throw-in by the halfback with two hands over the head from the spot where it crossed the line. No goal may be scored nor may the thrower play the ball a second time until it has been touched by another player. All opponents are to be ten yards back at the time of the throw.

If the ball is caused to go out-of-bounds on the end line by the attacking team, a goal kick is awarded. The ball is placed in the goal area and kicked beyond the penalty area by a defending player. He may not touch it twice in succession, and all defensive players are to be ten yards back.

**Corner Kick**--If the ball is caused to go out-of-bounds over the end line by the defensive team, a corner kick shall be awarded. The ball shall be placed one yard from the corner of the field and kicked into the field of play by an attacking player. The ten yard restriction also applies here to the defensive player.

**Dropped Ball**--If the ball is touched by two opponents at the same time and caused to go out-of-bounds, a drop ball shall be called. The referee drops the ball between two opponents, who cannot kick the ball before it touches the ground. A drop ball is also called when the ball is trapped among downed players.

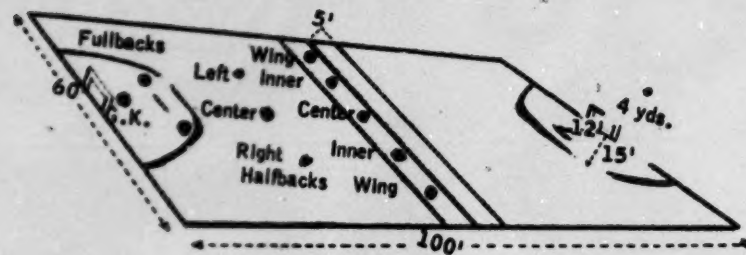


Figure 42

**Fouls**--Personal fouls involving unnecessary roughness are penalized. Tripping, striking, charging, holding, pushing, or jumping into an opponent intentionally are forbidden.

It is a foul for any player except the goalkeeper to handle the ball with the hands, or arms. The goalkeeper is allowed only four steps and must then get rid of the ball.

Other fouls are--Playing the ball again when it should be contacted first by another player as in the throw-in, penalty kick, or free kick. Failure to kick the ball the proper distance on the kickoff or penalty kick. Goalkeeper carrying the ball more than four steps. Kicking the ball before it hits the ground on an official drop ball.

**Penalties**--A penalty kick is awarded if a personal foul is committed by the defense within its own penalty area. The ball is placed 12 yards from the goal, and only the goalkeeper can be in the penalty area.

A direct free kick is awarded at the spot for a personal foul and illegal touching. This kick may score a goal. The opponents must be at least ten yards away until the ball is kicked.

A free kick is awarded for the other infractions listed. Another player must play the ball after the free kick in order that a goal can be scored.

**Scoring**--One point is awarded each goal. After a goal is scored, the team scored against shall kickoff.

**Privileges**--The goalie is permitted to:

1. Pick up the ball with his hands.
2. Punt the ball away from the goal line.
3. Throw the ball away from his goal.
4. Take only two steps with the ball.

The other players may:

1. Stop the ball with their feet.
2. Dribble, pass, shoulder, or head the ball.
3. Kick the ball to a teammate when trapped by an opponent.
4. Stop the ball by blocking with any part of the body except the hands or arms.

Teaching Suggestions:

1. Players should be taught to play their positions, staying on their side of the field.
2. Teams should wear pinnies or shirts so that the teams can be distinguished.
3. Teams should attempt to develop control and accuracy. The ball is better advanced by passing rather than by long kicking.
4. The lines should be spread to avoid crowding.
5. Halfbacks should take most free kicks so the forwards can be in position.
6. Eyeglass protectors must be worn by those with glasses.
7. After some skill has been acquired, the offside rule may be applied.

## RESOURCES

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